

How Can You Stay Healthy?

Exercise is a great way to be healthy because it burns fat and your life will be expanded by more years than the person that sits on the couch every day.

Although exercise helps you have less chance of getting a deadly disease, if you don't also eat healthy, you could still be at risk for these diseases. So eating a healthy diet is really important too. You may think not many healthy foods taste good, but you can make them into something that is so good, it will knock your taste buds off!

Try some of the recipes in this brochure and see.

Oh, and forget McDonalds.

Who Can Help in the Community?

STRIVE Prep - Westwood CAP Students visited Re:Vision to learn first-hand what the organization provides to the neighborhood. Check them out!

Re:Vision

www.revision.coop

Re:Vision works in the **Westwood** neighborhood to cultivate thriving, resilient communities by developing local leaders, growing community food systems, and building a locally-owned economy.

- Backyard gardens
- Urban Farm
- La Cocina: healthy cooking classes
- Mercadito: market with locally grown vegetables



For help with the vegetable garden program,
Call Mayra Olivas to schedule a visit
(720)-690-3135

STRIVE Prep - Westwood CAP Students**

Guide to Healthy Eating



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Why it is important to eat healthy?

Eating healthy food is important because it affects our health in a way that makes our bodies not function.

If you don't eat healthy, then you can get diseases like diabetes, cancer, heart diseases and obesity. These diseases can make you really sick.

According to the Re:Vision website, here in Westwood residents don't have access to affordable, healthy food. This is what is called a "food desert."

According to the Re:vision website "67% of the community are at risk of obesity and diet-related illnesses. As a result, the average lifespan of a Westwood resident is 12 year shorter than surrounding denver neighborhood."

Having better access to good food, and knowing how to cook it can be a good way to stay healthy.

Frozen orange pops



Ingredients

- 4 cups orange juice, pulp free and not from concentrate.
- ¼ cup honey
- 1 cup nonfat Greek yogurt
- 2 teaspoons orange zest (from about 1 large orange)
- 1 ½ teaspoons pure vanilla extract

Instructions

Bring the orange juice and honey to a simmer in a wide saucepan, whisking occasionally, over medium-high heat. Cook until reduced to 2 cups, about 25 minutes. Let cool completely.

Add the orange-honey mixture, yogurt, orange zest, vanilla and a pinch of salt to a blender and puree until smooth. Pour into the pop molds (or DixieCups). Freeze until set, at least 4 hours or overnight.

Enjoy!

Pizza zucchini



Ingredients

- 1 zucchini, washed and ends cut off
- ¼ cup spaghetti sauce
- 1 cup shredded mozzarella

Instructions

1. Preheat oven to 350 degrees
2. Spray cooking spray (or lightly wipe olive oil) on baking sheet
3. Slice zucchini into ¼" slices and place on baking sheet
4. Spread sauce on top of slices
5. Top with mozzarella cheese and any other pizza topping you'd like
6. Bake until cheese is melted and golden brown, remove and cool
7. Enjoy!